

# Wake up Weight Zone



Please bring  
your own set  
of hand  
weights to  
class each  
day.



A weight training class offered early in the morning for individuals of all ages who are interested in getting a full body work out to tone those muscles before the work day begins. Workouts will include a variety of weight lifting exercises designed to tone the entire body from head to toe. Come wake up with us, get the body moving and do something beneficial for you.



\$25/month—1<sup>st</sup> class is  
January 12<sup>th</sup> or \$7 walk  
in (must be exact change)



Tuesdays/Thursdays



6:00-6:40 am



*Parks and Recreation*

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